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## Play smart to live, see the 5th of July

By Janet Taylor-Birkey

27th Fighter Wing Public Affairs

The Fourth of July holiday brings with it a display of fun and freedom — when often in the form of fireworks — but Curry County residents need to remember that "safe and sane fireworks" are the only fireworks allowed at this time, said Allan Silvers, City of Clovis Fire Marshall. —

Safe and sane fireworks is legal terminology, said Bruce Ford, 27th Fighter Wing Fire Department, but it is really very simple.

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"The only things allowable this year are ground and hand-held smoke devices," he said. "Fireworks that fall into this category are cones, sparklers, wheels and toys that produce a smoke." fireworks.

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Any fireworks that launch into the air such as firecrackers and bottle rockets are not allowed, said Mr. Ford.

Airmen living in base housing proper and Chavez Manor need to remember that fireworks of any type are banned.

— Never shoot or glass containers.

From www.nmc

## Fireworks safety tips:

Always read and follow label directions.

- Always have an adult present when handling fireworks.
- Always buy from a reliable fireworks vendor.
- Always ignite fireworks outdoors.
- Always have water handy.
- Only light one firework at a time.
- Always store fireworks in a cool, ry place.
- Dispose of fireworks properly.
- Never re-ignite malfunctioning reworks.
- Never give fireworks to small hildren.
- Never experiment with or attempt to make your own fireworks.
- Never throw fireworks at anoth-
- Never carry fireworks in your oockets.
- Never shoot fireworks in metal or glass containers.

From www.nmcpr.state.nm.us.



Don't Drink and Drive! Airmen Against Drunk Driving is on call 24 hours a day for anyone who needs a safe ride home after a night of drinking. For a safe ride home, call 784-AADD (2233).



## Sunscreen needed to stop damage all year long, for all skin sensitivities

Courtesy of the 27th Fighter Wing Health and Wellness Center

Summer fun usually means enjoying the great outdoors due to better weather and the increase of outdoor opportunities. However, New Mexico summer usually means being exposed to direct high elevation sunlight and harmful ultraviolet (UV) radiation while enjoying those activities.

Though many of our best memories are made during "fun in the sun" activities, many are not left with great memories as their sun exposure caused the development of skin cancer.

While skin type helps determine how much protection is needed, the American Academy of Dermatology has found that minimal year-round protection needed for everyone is sun protection factor (SPF) 15. Highly sensitive skin types however, should use a higher SPF.

Many wonder if a higher SPF num-

ber means a proportionally higher pro-

SPF does not actually increase proportionately with the SPF number.

A 50 percent increase in SPF numbers will not equate to a 50 percent higher protection, but it is recommended that highly sensitive skin types use the highest SPF sunscreen they can find for year long use.

Everyone should use sunscreen every day, all year round, if they will be in the sun more than twenty continuous minutes. Sunscreens can be applied under makeup.

Used on a regular basis, sunscreens actually allow some repair of damaged skin

The sun's reflective powers are great – 17 percent on sand and 80 percent on snow – so don't reserve the use of these products only for sunny summer days. Even on a cloudy day, 80 percent of the sun's ultraviolet rays pass through the clouds.

## Yearly Sun Safety Tips:

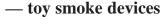
- Seek shade, especially during the sun's peak hours of 10 a.m. to 4 p.m.
- Wear a broad-spectrum sunscreen with a SPF of 15 or higher.
- Cover up with clothing, especially a broad-brimmed hat and UV-blocking sunglasses.
- Avoid using tanning parlors and artificial tanning devices such as rub on creams or artificial lighting.
- Keep newborns out of direct sunight.
- Most sunscreens can be used on infants that are over the age of six months
- Teach children good sun-protective practices.
- Examine skin from head to toe once a month.
- Have a professional skin examination annually.
- Avoid tanning and especially do not burn! One blistering sunburn doubles the risk of melanoma.



These rules apply to Curry County. Clovis and Portales have more strict guidelines. All vendors should know the rules that apply in their area. Information reference: Fireworks and Licensing Safety Act Chapter 60, Aritcle 2C NMSA 1978.

**Permissible:** (Including, but not limited to)

- cone fountains
- crackling devices
- cylindrical fountains
- flitter sparklers
- ground spinners
- illuminating torches



- wheels
- mines
- roman candles
- shells

**Banned:** (Including, but not limited to)

- aerial spinners
- helicopters
- missile-type rockets
- stick-type rockets
- chasers
- firecrackers

